

Marion Martineau Discusses the Vienna Method of Decreasing Weight.

How You Can Take Off the Pounds if You Are Fat and Add to Them if You Are Thin, All by the Same Method of Physical Culture.



WRITING FOR THE SUNDAY REPUBLIC.

There is no denying the fact that the fat is as bad, or almost as bad, as too much.

If the fat woman is to be pitied, the thin woman is also to be commiserated, for skin and bones can never be made to look very pretty.

Yet, between the two evils, the thin woman has much in her favor, for fat is so vulgar, so undeniably coarse, so repulsive of appearance, so intolerable to the person who possesses it, and to all her family, and to all who see her, that there is nothing but pity for her all around.

By "fat" of this horrible description is not meant plumpness, nor even stoutness, but fat that lies in wrinkles and folds under the chin, fat that bags out over the top of the breast, fat that crowds the stomach up to twice its natural height and makes the calves of the legs look like shriveled balloons.

Fat of this kind buries the eyes out of sight, makes the ears into deep cushions of flesh and makes the object of it all as unrecognizable as she can possibly be.

There never lived a woman, much less a man, who could see beauty in fat that had accumulated to a weight, say, of 200 pounds on a short woman and 300 pounds on a tall one.

It is difficult to tell when you are growing fat.

The old Romans had a very measuring stick, and it was called the "fingert." It was a small rod, and upon one of these the fat woman would stand, and when the girl became thick they knew that the man had become too stout.

It was thin, weighed little and certainly acted as a very excellent gauge.

Around the waist of every man they placed a girdle of iron, and when the girdle became tight they knew that the man had become too stout.

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those who have survived the ordeal can hardly stand.

The stomach refuses food, and the action of the heart is extremely feeble.

FEAST AFTER THE FAMINE.

There is another bad feature about the long fast, and this is the great craving for food which follows the fast.

The patient suffers agonies when once she has begun to eat, and soon she puts on flesh again as rapidly as she took it off.

For two months she cannot get enough to eat.

Some fat persons can go without eating for a long time without starving. There is in the body a reserve of fat which seems to feed the system. Fat people starve to death very slowly, and only after they have wasted away.

A very thin person starves to death much sooner.

During the famine in Ireland there was a saying that no one ever starved to death with a bunch of fat on the calf of the leg, and this is true of the fat woman of today, who can fast for long periods without starving—as long as her fat holds out.

But fat women are terribly afraid of starvation. Deprive the fat woman of the foods she loves, take away from her her ice cream, her cake supply, her candy, her plentiful cups of sweetened tea and coffee, her hot biscuit and cake, her preserves and all the other things she holds dear, and she will assure you that she is starving to death.

The diet of the woman who is thin usually consists of beef, of meats of all kinds, of salads, of vegetables, of sour drinks, of fruits and mild acids.

She consumes milk, molasses and cake, and drinks phosphates instead of ice-cream soda.

In a restaurant the other day two women entered. One weighed about 200 pounds, the other about 125. They were of the same height.

The fat woman quivered her way into a corner seat, after the chair and table had been pulled out for her, and ordered a glass of milk and a piece of pie.

The thinner woman ate a sandwich and a tomato salad. It is all in a difference of diet. The fat woman carried in her hand a box of candy.

But the Vienna treatment is for the fat woman who cannot give up her idea and who would much prefer to take off her fat with exercise.

LET HER PRACTICE THEM.

Let her practice labeling while she draws the muscles of the abdomen in and out.

Then let her try the second movement, which is that of standing erect while she grasps her right ankle with her right hand.

She may be compelled to rest her ankle on the back of a chair at first.

But she can keep on trying until she gets it. Don't do it all at once, but little by little.

The hip movement must not be forgotten. To do this place both hands upon the hips and bend the right knee, leaning as far forward as possible, with the left leg stretched out straight.

Now alternate, bending the left knee, and still keeping both hands on the hips. A fat woman's ankles are weak, her weakest members are her feet. Her ankles turn under her and her feet will not support her weight.

She must, when taking her exercises, procure a pair of high shoes, stiff in the ankles, with wide soles and moderately high heels.

With these she can exercise much better and will run less risk of a sprained ankle.

In the Vienna movements there is another exercise for the fat woman. This is a very easy one, but one of the most effective of all. It consists of standing erect, with the feet together.

The feet are gradually slid apart, and as the feet slip apart the head is drawn and the arms swing over the head. This is not hard, but it is very good exercise.

It would be well for the heavy woman to have an assistant near at hand when she practices, for she may be awkward and may lose her balance, in which case the assistant will right her before there is any damage done to her system.

The woman who really wants to decrease her weight will practice these eight and

morning without allowing herself to get weary of them.

If she wishes a little at first, she will take the advice of the small boy and forget it all in the interests of her own good looks.

WALKING IS VERY DIFFICULT.

Other movements in the Vienna system consist of trotting up and down upon one spot.

The fat woman rests her hands upon the seat of a chair and "trotts" until she has trotted a whole minute.

She then stands erect with both hands on her hips and trots.

Walking, which is the grandest exercise in the world, is not of much avail for the woman who weighs a great deal over 100.

By the time she is buttoned and strapped into her clothing she is in such a puffy condition that she cannot walk, and her feet begin to ache and her wind to go before she has covered a dozen city blocks.

FOR THE VERY THIN GIRL.

The very thin girl can take warm baths, which are very fattening, and she can wear warm clothing, which also fattens.

She must sleep under heavy clothing and keep her body warm all the time.

Fat people usually require a great deal of covering at night and the thin girl must try to sleep warm, for in this way, the body fattens.

And the thin girl must get in the habit of moving around slowly in imitation of the fat woman and must save her steps just as all fat women save them.

It will be difficult for the active thin girl to do this, but the habit will gradually grow upon her, and she will see the pounds gather on her ribs while her arms and neck plump out.

Thin women are usually very active with the arms.

They are able to use the comb and brush readily, they can reach up and reach down, they are good at climbing, they are ready to jump and to stoop to do all sorts of quick bodily exercises.

The fat woman, on the other hand, is out of breath after she has combed her hair; if she picks up a pin, she sees black spots; if she is compelled to drive a nail in the wall, she is done up for the rest of the morning; and if she goes up two flights of stairs, she sees her finish for the next fifteen minutes, or until she has got her heart to going normally again.

The heart, poor abused muscle, is so packed with fat that it can scarcely beat and the fat woman, with tears in her eyes, will tell you that she has weakness of the heart and that the doctor does not know what to do for it.

Stair climbing, if begun gradually, is good practice for the fat woman. Its only drawback is that the staircases are generally placed in the middle of the house, where there is a poor air supply.

If the fat woman can climb a garden terrace, or run up stone steps in the open air, she will have the best practice she ever had.

The fat woman, in the march toward comeliness, must bear in mind the curious fact that fat is difficult to get started. But once the work of reduction is begun, it will melt away very speedily.

The hardest pound to lose is the first pound, but after the first one the others will seem to melt away as if by magic.

It is very gratifying to see the fat woman get thin and the thin woman get fat, and the great beauty of the whole thing is that both the fat woman and the thin woman can attain their ideals.

GOOD ADVICE TO READERS.

Mrs. M.—I am bothered with superfluous hair on my chin.

There are a dozen large hairs which greatly distress me.

If there are only a dozen you can easily afford to pull them out once a week.

It takes only five minutes of your time, and it is well worth the trouble.

Schoolgirl—My hair will not curl, though I do it up in rollers and shampoo it once a week.

Once a week is too often for the shampoo, try washing it once in three weeks.

She can accomplish the same results by the Vienna movements.

And the very thin girl can also benefit by taking them, for that which makes the fat woman thin will make the thin woman fat.

The thin girl suffers from lack of development.

She needs exercise, but not violent exercise. While the fat woman is straining every muscle the thin woman should take the same exercises, but should go through them to very slow music and gently.

In the thin girl's classes they have slow practice tunes, to the rhythm of which the thin girl develops her muscles and puts on fat.

After the exercise the thin girl, who usually has not a great deal of vitality, should drink a glass of milk or a cup of cocoa and lie down.

She should rest fully half an hour.

If the thin girl wants to get fat very quickly she can take the Vienna chocolate cure. Nothing but chocolate or cocoa or the kindred chocolate preparations are taken into the stomach.

If the stomach will bear chocolate, and most stomachs will, the diet is complete and the thin girl takes chocolate or cocoa for her breakfast, the same for her mid-day meal and the same at night.

It is nothing else but chocolate for ten days. She then eats her usual diet for a week, then goes back to the chocolate preparations.

It is very fine for the stomach, giving it a rest, with plenty of nourishment meanwhile.

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THROW UP YOUR ARMS AND LET YOUR FEET GRADUALLY SLIDE APART

EXERCISE THAT WILL MAKE THE FAT WOMAN GROW THIN AND THE THIN WOMAN GROW FAT.

Didn't She Have Her Check Book?

Of Course She Had, and So She Did Not Worry Very Much Over Failure of Bank.

Mrs. Hargis was shocked by the intelligence that the bank in which she kept her reserve of pin money had failed, but after the first gasp Mrs. Hargis was glad to observe that she was not seriously injured.

He knew that her balance had not been a large one, but he also knew that women devote to lose money in that unprofitable fashion, particularly unbusinesslike women.

Mrs. Hargis was not at all unbusinesslike. "Isn't it dreadful?" she exclaimed. "I suppose that there will be lots of poor people who will actually suffer."

"Lots of 'em," said Hargis. "And through no fault of their own. Just because they put confidence in it. Poor things! I'm awfully sorry for them. But it won't hurt me at all."

"It won't?"

"No, certainly not. You didn't think I had lost anything, did you?" Mrs. Hargis laughed quite heartily.

"Not just anything? Then—did you draw out your balance?"

"I don't understand. What do you mean by 'balance'?"

"Your money. Did you draw out your money?"

"Of course I didn't."

"But you had some money in that bank. Something like \$50, wasn't it?"

"Yes, but—oh, how silly you are, Henry. What difference does that make? I've got my checkbook all right. Here!"

She crossed over to her wardrobe and produced a little morocco-bound book, which she held up triumphantly. "There," she said, "I have it! There are fifty or twenty checks left in it, too. I'm sorry for the others, of course, but I'm all right as far as that is concerned."

Hargis says that her grief and anguish when he explained were something terrible to witness. —The News.

A sample of Howard County Blackberries of the Early Harvest variety, which is medium. It took only thirty-five berries to fill a quart measure heaping full, and they weighed 14 pounds. They were raised by J. A. Maxwell, south of Fryingpan.